Turkey Meatloaf

Turkey meatloaf has a slightly softer taste than beef meatloaf. It tends to crumble easier, especially if made in the gluten free method. It's better the second day around for a solid meatloaf. Vegetables can be cooked within the meatloaf and make it a different texture and taste. Some of the best vegetables inside a meatloaf include mushrooms, corn, peas, and diced carrots. Making it gluten free and moist is not difficult. Use gluten free rice or corn cereal, and oatmeal, in place of crackers and bread. Plenty of eggs, and a dash of corn starch will hold it together.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Sausage

Spices

Turkey

Meatless Preparation Avoid:
- Butter
- Eggs
- Pork
- Sausage
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
- 3 large eggs
- 2 pounds of turkey burger
- 1 pound of pork sausage

Vegetables:
- 6 ounces of diced carrots
- 6 ounces of corn
- 4 to 6 ounces of mushrooms
- 6 ounces of peas

Other ingredients:
- 1/2 to 3/4 cup of barbecue sauce (gluten free) (estimated)
- 1/8 teaspoon of corn starch (estimated)
- 1/2 to 3/4 cup of ketchup (estimated)
- 3/4 cup of oatmeal, (gluten free) (estimated)
- 1 cup of pounded rice or corn cereal (gluten free)
- 1/4 teaspoon of salt
- Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. Stir together dry ingredients:
   1/4 teaspoon salt
   1 cup of oatmeal
   1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
   6 ounces of diced carrots
   6 ounces of corn
   4 to 6 ounces of mushrooms
   1/4 cup of onions
   6 ounces of peas
3. Add
   3 eggs
   1/2 cup of ketchup
   1/2 cup of barbecue sauce
4. Stir well.
5. Add:
   2 pounds of turkey burger
      Optional:
         1 pound of sausage
6. Stir well.
7. If it is too moist, add:
   A bit more oatmeal, or
      Crushed cereal
         Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
   A bit more ketchup, or
      Barbecue sauce
         About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan and then place pan into oven.

Cook Temperature: 350 degrees

Cook Time: 2 hours

Servings: 12

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.